

Take One!  
I'm FREE!



# Vital!

VITAL INFORMATION FOR A VITAL LIFE®

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to Health

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FALL 2025





Lately I've been doing that late-summer shuffle—one foot still in flip-flops, the other eyeing the Halloween decorations at the store. It's that funny stretch of the year where you can swim in the afternoon and need a sweatshirt by dinner. I always find myself torn between squeezing in one more summer weekend and secretly craving the structure of fall...but that's just me.

This issue, we are all about keeping you healthy and safe. If you're like me and take a statin, you'll be interested in reading the new science behind who they may or may not be recommended for. Check it out on the next page.

If you're ready for the cooler weather, lace up your shoes and get ready to hike – or better yet, if you're ready for some competition, consider testing your mettle against others in your age group—in 5-year blocks—with the Delaware Senior Games. The schedule is on page 7.

Harmony at Hockessin is the new kid on the block! Opening soon, Delaware's newest senior living community is beautiful and has everything you could want. Check them out on page 9 and schedule a tour!

On page 11, we delve into what's going on with the data center planned for New Castle County. Everyone around the state should watch what's going on here, though, since electric rates may end up being affected for all of us. The jury is still out on this one for sure.

Now it's time to get out there and enjoy the season—whatever shoes it has you in.

Happy Fall!

*Karyn and Heidi*

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# New Analysis Finds Millions of People on Statins May Not Need Them

New research finds that many people currently taking statins to lower cholesterol may not actually need this medication. An analysis, published in *JAMA Internal Medicine Trusted Source*, investigated how statin usage would change using an updated equation.

Currently, doctors use so-called Pooled Cohort Equations (PCE) to help decide whether a patient needs statins. These equations take into account a range of factors that play a part in heart disease risk. Recently, experts designed a new, more accurate equation called Predicting Risk of Cardiovascular Disease Events (PREVENT).

Researchers found that millions fewer people would meet the criteria for statins, while many others who are not currently taking statins would become eligible.

## Statins and heart disease

*Healthline* spoke with Cheng-Han Chen, MD, a board-certified interventional cardiologist and medical director of the Structural Heart Program at MemorialCare Saddleback Medical Center in Laguna Hills, CA. Chen was not involved in the study.

“Statins are commonly used in clinical practice in two scenarios,” he explained. “First, people who have already suffered a cardiovascular event such as heart attack or stroke, or second, people with risk factors for developing heart disease.”

For those in the second category, “the decision to start a statin depends on our evaluation of their risk for developing cardiovascular disease in the future. To help us decide whether to start someone on a statin, we will frequently use a risk calculator to estimate someone’s 10-year risk of developing cardiovascular disease.” This includes equations like PCE and PREVENT.

## New analysis may be more accurate at predicting heart disease risk

Both PCE and PREVENT estimate an individual’s 10-year risk of developing atherosclerotic cardiovascular disease. Atherosclerosis is a condition wherein plaque builds up inside arteries, slowly narrowing them and interrupting blood flow.

PCE calculations are the current standard, but they are based on decades-old data that lack diversity. The newer PREVENT equations, however, were released by the American Heart Association (AHA) in 2023<sup>Trusted Source</sup>. They are based on more recent data and a more representative sample of people and incorporate physiologic factors relevant to people who may take statins.

PREVENT includes new variables, such as kidney and metabolic function and statin use. Also,

it no longer includes race. Taken together, experts believe that these changes make the tool more accurate.

## Over 17 million people may be taking statins they do not need

To investigate how PREVENT works, the scientists took data from the National Health and Nutrition Examination Survey from January 2017–March 2020. This nationally representative data included information from 3,785 adults ages 40–75.

After crunching the numbers, there were significant differences between the PCE and PREVENT estimates.

*“17.3 million adults recommended statins based on the PCEs would no longer be recommended statins based on PREVENT equations, including 4.1 million adults currently taking statins.”*

First, looking at the entire group of participants, PCE estimated an 8% risk of developing atherosclerotic cardiovascular disease over 10 years. Using PREVENT, this figure dropped to 4%.

These changes were most pronounced in Black people and adults aged 70–75. For Black people, the overall risk in the entire cohort changed from 10.9% to 5.1%. In those ages 70–75, it changed from 22.8%–10.2%.

They also found that if PREVENT was rolled out nationwide, the number of people meeting the criteria for statins would decline from 45.4 million to 28.3 million.

“In other words,” the authors write, “17.3 million adults recommended statins based on the PCEs would no longer be recommended statins based on PREVENT equations, including 4.1 million adults currently taking statins.”

They also found that 15.8 million people who are currently not taking statins might in fact benefit from the medications.

Although the changes seem dramatic, Chen told *Healthline* that they are “consistent with previous analyses that indicated that the older model seemed to overestimate risk.”

If PREVENT is rolled out widely, doctors will need to communicate the changes carefully. Patients who may be taken off the drugs could be confused and concerned. Patients who may need to start statins may have questions about why their risk has changed.

“We don’t want people to think they were treated incorrectly in the past,” explained one of the study’s authors, Dr. Timothy Anderson, MD, from the University of Pittsburgh, PA. “They were treated with the best data we had when the PCE was introduced back in 2013. The data have changed.”

He also notes that, because everyone’s risk tends to increase as they age, some people may be taken off statins and eventually return to them.

“For a patient who we now know is at lower risk than we previously thought, if we recommend they stop taking statins, they still could be back to a higher risk 5 years down the road, for the simple reason that everybody’s risk goes up as we get older,” explains Anderson.

## Physicians may soon use new tool to assess heart disease risk

*Healthline* spoke with Donald M. Lloyd-Jones, MD, chair in the Department of Preventive Medicine and professor of preventive medicine, cardiology, and pediatrics at Northwestern University’s Feinberg School of Medicine in Chicago, IL.

We asked Lloyd-Jones, who was not involved in the study, whether the PREVENT equations are more accurate than PCEs:

“They are clearly more accurate and precise. PCEs were derived in 30,000 people, some from older birth cohorts that have not lived in contemporary conditions (different exposures to food, smoking, etc). PREVENT was developed in a much more contemporary sample of around 3.2 million adults, and validated in another 3.3 million different US adults.”

We also asked whether PREVENT would be rolled out throughout the U.S. “That will be up to the AHA and American College of Cardiology guideline committees,” he explained. While they assess the tool, “Clinicians can use them now, on the AHA website, for instance, with confidence about their precision and accuracy.”



# Those security codes you ask to receive via text leave your accounts vulnerable. Do this instead.

By Michael Grothaus, Fast Company

Do you receive login security codes for your online accounts via text message? These are the six- or seven-digit numbers sent via SMS that you need to enter along with your password when trying to access your bank accounts, health records, online photos, and more. This type of security is known as multifactor authentication (MFA) and is designed to keep your account secure even if someone knows your password. Without the additional security code, bad actors can't gain access to your data. Or at least that's the idea.

It's increasingly becoming evident that security codes sent by text message may leave our data less secure than we thought. Fortunately, there are other, more secure ways to keep your accounts safe. Here's why it's probably a good idea to stop using SMS for your security codes, and what you can use instead.



**An opaque security code industry**

You may think that the text message you receive with the code you need to log into your account is coming from Amazon, Google, Meta, or whoever provides the service you are logging into. But it's probably not—and therein lies the security risk.

*Bloomberg* and Lighthouse Reports just released an alarming report revealing that some of the most prominent tech companies recommending that users enable multifactor authentication—including Amazon, Google, and Meta—have used third-party companies to send their security codes to users via text.

Some of these third-party companies have been linked to institutions in the surveillance industry and even government spy agencies. Additionally, some of the security codes that these third-party companies were responsible for transmitting have been associated with data breaches of individuals' accounts. Worse: the intermediaries operating in this space do so with little oversight from their tech giant clients or regulators.

And *Bloomberg* and Lighthouse Reports' piece isn't the first to warn about the vulnerability that texted security codes expose users to. In December, the U.S. Cybersecurity and Infrastructure Security Agency (CISA) issued a warning to the public, urging people to migrate away from receiving security codes via text. "Do not use SMS as a second factor for authentication," the CISA's memo warned. "SMS messages are not encrypted—a threat actor with access to a telecommunication provider's network who intercepts these messages can read them."

But this vulnerability in texted security codes doesn't mean you should revert to using merely a password to access your accounts. Instead, you should consider a superior form of multifactor authentication—or upgrade to passwordless logins entirely.

**Get your security codes from an authenticator app instead**

Some websites and services are stuck in the past when it comes to multifactor authentication. That is, these websites *do* offer their users MFA, but *only* give the option of receiving security codes via text message—something the U.S. Cybersecurity and Infrastructure Security Agency now warns against.

Thankfully, plenty of websites offer a more secure way to receive security codes: via an authenticator app.

Simply put, an authenticator app is an application that resides on your phone or computer, storing all the various security codes for your online accounts that have multifactor authentication enabled. The code for each account in the authenticator app is unique, and it changes every 30 seconds.

When you need to log in to a site that you have set up with multifactor authentication, you'll be prompted to enter your security code, which can be found in your authenticator app. And since these authenticator app codes always reside on your device, they can never be intercepted in transit, because they are never sent to you in the first place.

Regardless of whether you use Windows, Mac, iPhone, or Android, you have numerous authentica-

tor apps to choose from. These include Apple's own Passwords app, Google Authenticator, Microsoft Authenticator, LastPass Authenticator, and more.

**Even better, start using passkeys**

While authenticator apps are vastly more secure than text messages for getting your security codes, the safest login method no longer relies on codes—or even passwords—at all. I'm referring to passkeys, the passwordless login technology spearheaded by the FIDO Alliance, a consortium of tech companies including Amazon, Apple, Dell, Google, Meta, Microsoft, NTT, Samsung, and others.

Passkeys are cryptographically complex from a technology perspective, but easy to use from a consumer perspective. When you add a passkey for one of your online accounts, you get one digital key, saved to your device, and the website gets a matching key. When you log into that website, the passkeys must match; otherwise, you won't get access to the account. You verify that you are the true holder of your passkey by confirming your identity with your biometrics—a facial or

fingerprint scan, right from your phone or laptop.

Passkeys can't be phished or guessed. And if one of your passkeys were stolen and put on someone else's device, it wouldn't work either. That's because the thief couldn't fool the passkey into thinking they were you since they don't have your face or fingerprint. And because passkeys don't require any alphanumeric input authentication—such as security codes—there's no code you need to worry about either. Passkeys are also synced to the cloud via your device's password manager, so if you lose your device, you can quickly regain access to all your passkeys from your, for example, Apple or Google account.

The only drawback to passkeys is that not all online accounts support them. Still, each month, more and more sites are offering users the option for passkey logins.

However, if your accounts don't support passkeys yet, you should still enable multifactor authentication. Just remember to opt to receive your security codes via an authenticator app rather than a text message.

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5	6	4	8	1	7	2	3	9
7	2	3	6	5	9	1	8	4
8	1	9	2	4	3	5	7	6





# Empowering Seniors to Prevent Health Care Fraud

Senior Medicare Patrol (SMP), through a Federal grant, provides outreach and education to Medicare beneficiaries, families, and caregivers, to **Prevent, Detect, and**



**Report** Medicare fraud, abuse, and errors. The Medicare Trust Fund loses upwards of \$80 BILLION a year due to fraudulent practices. **YOU** can help put a dent in that number by learning how to prevent, detect, and report potential fraud and abuse. Consider having SMP join your next group, service club, or caregiver meeting. Our presentations are short and free. For more information or a presentation, call:



**1-800-223-9074 or 302-424-8657**

*Proteger, detectar, reportar fraudes, abusos y errores de Medicare*







# Wanderlust: Hike Your Way to Health

It's funny how often we take for granted the beauty in our own backyard. We drive past scenic spots daily without a second glance or say things like, "I've lived here all my life, but I've never been there." Whether it's lack of time, motivation, or just the belief that hiking "isn't my thing," we miss out on a lot.

The truth is, we're lucky. Delaware is home to some of the best hiking and biking trails in the region, with even more just a short drive away. You can go coastal, rural, wooded, or even mountainous with little effort. Whether you're in the mood for a short 2-mile loop or a full-day adventure, there's a trail for you—and autumn is the perfect time to get out there. Cooler temps, fewer bugs, and beautiful scenery? Yes, please.

## Why Hiking?

Hiking is one of the most accessible ways to improve your fitness. You don't need a gym membership, and

you don't have to run. It's gentle on the joints but great for building strength, stamina, and even lung capacity. If you're looking to ease into a healthier lifestyle, hiking is a fantastic starting point. You control your pace and difficulty, so it works for just about every fitness level.

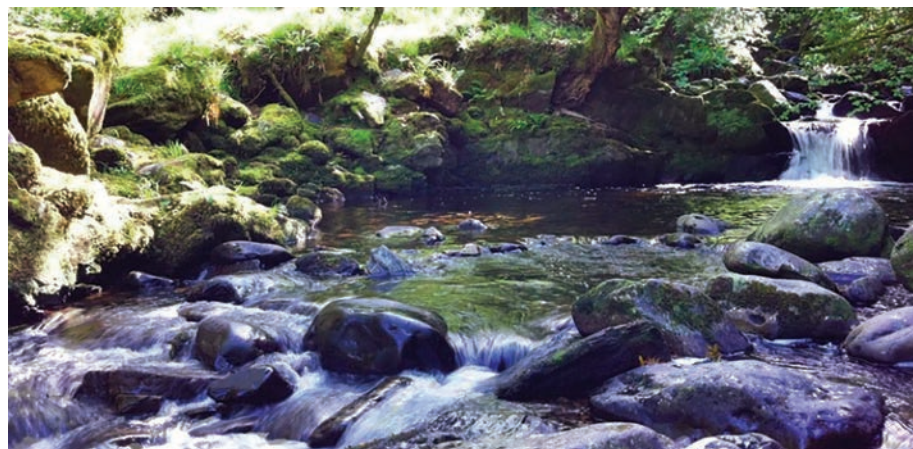
## A Few Things to Think About Before You Go:

**1 Time**—Have 60 minutes? Great. A 180-pound person can burn almost 500 calories in that time. More time? Even better.

**2 Solo or social**—Hiking alone is peaceful, but going with a friend can make it safer and more fun.

**3 Know your level**—Start small and work your way up. You want to feel accomplished, not wiped out.

**4 Pick your route**—Ask friends or visit [destateparks.com/find-a-trail](http://destateparks.com/find-a-trail) for local trail options.



**5 Tell someone**—Especially if you're hiking solo. Let someone know where you're going and when you'll be back.

## Don't Forget These Essentials:

■ **Water** (non-negotiable)

■ **Cell phone** (fully charged for safety, navigation, or music)

■ **Sunscreen and bug spray**

■ **First-aid basics** – Band-aids, moleskin, antiseptic

■ **Snacks**—Think nuts, fruit, trail mix, jerky, or a sandwich

■ **Sunglasses and maybe a camera**

So go ahead—lace up your shoes, grab a buddy or head out solo, and explore. Plan a hike this weekend—early enough to be home for kickoff if football's your thing. There's adventure waiting just outside your door. You just have to step into it.

## 42 Lessons Life Taught Me

By Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short—enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first paycheck.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up the present.
11. It's OK to let your children see you cry.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship has to be a secret, you shouldn't be in it...
14. Take a deep breath. It calms the mind.
15. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
16. Whatever doesn't kill you really does make you stronger.
17. It's never too late to be happy. But it's all up to you and no one else.
18. When it comes to going after what you love in life, don't take no for an answer.
19. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
20. Over-prepare, then go with the flow.
21. Be eccentric now. Don't wait for old age to wear purple.
22. The most important sex organ is the brain.
23. No one is in charge of your happiness but you.
24. Frame every so-called disaster with these words 'In five years, will this matter?'
25. Always choose life.
26. Forgive but don't forget.
27. What other people think of you is none of your business.
28. Time heals almost everything. Give time time.
29. However good or bad a situation is, it will change.
30. Don't take yourself so seriously. No one else does.
31. Believe in miracles.
32. Don't audit life. Show up and make the most of it now.
33. Growing old beats the alternative—dying young.
34. Your children get only one childhood.
35. All that truly matters in the end is that you loved.
36. Get outside every day. Miracles are waiting everywhere. (I love this one)
37. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
38. Envy is a waste of time. Accept what you already have, not what you need.
39. The best is yet to come...
40. No matter how you feel, get up, dress up, and show up.
41. Yield.
42. Life isn't tied with a bow, but it's still a gift.





# DELAWARE SENIOR GAMES

## 2025 ANNUAL GAMES

SPORT	DATE	RAIN DATE	ADDRESS
Archery	October 11, 2025	Rain or Shine	New Castle 100 Archery, 2272 Sunset Lake Road, Newark, DE
Badminton	October 29, 2025	Rain or Shine	Mid-County Sr. Center, 1 Regiment Road, Wilmington, DE
Basketball (Men & Women)	October 18, 2025	Rain or Shine	PAL GYM, 7259 Lancaster Pike, Hockessin, DE
Basketball Shooting	October 18, 2025	Rain or Shine	PAL GYM, 7259 Lancaster Pike, Hockessin, DE
Billiards	October 12, 2025	Rain or Shine	Modern Maturity Center, 1121 Forrest Avenue, Dover, DE
Bocce	September 28, 2025	Rain or Shine	Mulligan's Point, 22426 Sussex Pines Road, Georgetown, DE
Bowling	October 7, 8, 9, 2025	Rain or Shine	Eagle Lanes (Dover Air Force Base) 420 Tuskegee St, Dover AFB, DE
Cornhole	October 5, 2025	October 5, 2025	Brandywine Springs Park Newport Gap Pike (Rt 41) and Faulkland Road
Cycling (40K Road Race)	September 13, 2025	Rain or Shine	Eden Hill Medical Center, 200 Banning St., Dover, DE
Cycling (Time Trials)	October 7, 2025	Rain or Shine	C & D Canal Bicycle Trail
Golf	September 16, 2025	Rain or Shine	Wild Quail Golf, 1 Clubhouse Drive, Camden, DE
Horseshoes	October 5, 2025	October 6, 2025	Brecknock County Park, 80 Old Camden Road, Camden, DE
Pickleball	August 22, 23, 24, 25, 2025	Rain or Shine	Kent County Parks & Rec. Center, 1683 New Burton Road, Dover, DE
Pistol Shooting	June 28, 2025	Rain or Shine	Shooters Choice, 5105 N Dupont Highway, Dover, DE
Precision Rifle Shooting	August 09, 2025	Rain or Shine	BRPC, 10409 Rifle Range Road, Bridgeville, DE
Running Road Races (1M & 5K)	September 20, 2025	Rain or Shine	Bellevue State Park, 800 Carr Road, Wilmington, DE
Running Road Races (10K)	September 27, 2025	Rain or Shine	Bellevue State Park, 800 Carr Road, Wilmington, DE
Shuffleboard	August 15, 2025	Rain or Shine	Country House, 4830 Kennett Pike, Wilmington, DE
Softball (Men)	September 20, 2025	September 21, 2025	Schutte Park, corner of Electric Ave. & North St., Dover, DE
Softball (Women)	August 09, 2025	August 10, 2025	Rehoboth Little League Fields 18900 Holland Glade Rd, Rehoboth Beach, DE
Swimming	October 12, 2025	Rain or Shine	YMCA, 20080 Church Street, Rehoboth Beach, DE
Table Tennis	September 15, 2025	Rain or Shine	Chinese American Center 1313 Little Baltimore Road, Hockessin, DE
Tennis	Cancelled	Cancelled	Sanford School, 6900 Lancaster Pike, Hockessin, DE
Track & Field	September 21, 2025	Rain or Shine	Cape Henlopen High School, 1250 Kings Highway, Lewes, DE
Washers	October 4, 2025	October 5, 2025	Brandywine Springs Park Newport Gap Pike (Rt 41) and Faulkland Road
Weightlifting	October 5, 2025	Rain or Shine	CrossFit Slower Lower 34752 Delaware Ave, Frankford, DE
Wii Bowling & Golf	August 15, 2025	Rain or Shine	Country House, 4830 Kennett Pike, Wilmington, DE



## Tech Tips to Keep in Touch

With the upcoming fall season, it can be more challenging to keep up with loved ones. Schedules quickly fill up with schoolwork, sports, holiday planning and more. Grandchildren who regularly visit might head back to out-of-state college for the fall semester. Leveraging technology to keep in touch is your answer. Whether your loved ones live nearby or far away, video calls offer a meaningful connection. In fact, a University of Michigan study found that the quality of family ties matters more than the distance between family members.

Looking at our daily lives, sharing big news, or showing scenes from a new place can all be uplifting and bring extra joy to your day. There are many platforms to choose from, depending on your device or preference. Some options include WhatsApp, Google Meet, Zoom, Call Genie and FaceTime.

### Get Started with Five General Tips

**1 Choose the platform you would like to use and do a test run first.** Practice before you get on the call, so you know how it works. This is also a good time to make sure your internet connection is strong enough for video calling.

**2 Think about purchasing a phone stand.** If you can prop up your phone, you can focus on the person and the call. This helps the person on the other end of the line not get motion sickness. Plus if you are carrying your phone around and moving your screen, it can be difficult for others to see your face.

**3 If you are unfamiliar with how to change settings on your device, have someone help you and show you the ropes.** Prepare for the call by getting comfortable with your device. Consider privacy, volume, and auto answer settings.

**4 Invest in a good pair of earbuds or headphones and make sure they are compatible with the device you plan to use.** These are helpful to make sure you can hear everything without holding the phone up to your ear. Alternately, learn how to use the speaker function on your device.

**5 Have fun!** Video calls with friends and family are not formal meetings. Enjoy laughing and catching up with your loved ones.

There are many benefits of a video call that a phone call doesn't offer. You can see body language, facial expressions, and someone in their environment. Video calls can boost emotional well-being and help with feelings of depression.

Improving mental health is a core part of the Saint Francis LIFE care model. We seek to engage our participants in recreational therapy, build

connections with peers, and offer social support services. Saint Francis LIFE is a Program of All-Inclusive Care for the Elderly (PACE) offering holistic care for seniors. Our team treats the whole person in mind, body, and spirit.

Complete care, with and for you.

*Saint Francis LIFE works closely with older adults to improve their quality of life. Learn how seniors can live safely and stay independent longer with Saint Francis LIFE's services. Call us at 302-660-3380 or visit [www.saintfrancislife.org](http://www.saintfrancislife.org).*



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with and for you.

We See All of You™





# Is a Senior Living Community Right for You or Your Loved One?

As we or our loved ones age, the question of how and where we want to live becomes increasingly important. For many older adults, the desire to maintain independence while accessing helpful services and staying socially connected leads them to explore senior living communities. But what exactly do these communities offer, and how do you know if one is right for you?

### Understanding the Options

Senior living communities generally fall into three main categories: **Independent Living**, **Assisted Living**, and **Memory Care**.

■ **Independent Living** is ideal for older adults who are active and self-sufficient but want to enjoy a more maintenance-free lifestyle. These communities often provide services like housekeeping, dining, transportation, and organized social activities.

■ **Assisted Living** offers additional support with daily tasks such as

bathing, dressing, or medication management, while still encouraging independence.

■ **Memory Care** provides specialized care in a secure setting for those living with Alzheimer's or other forms of dementia, focusing on routines and therapies that promote comfort and cognitive engagement.

Each level of care is designed to meet residents where they are, offering support that evolves as their needs change.

### More Than Just a Place to Live

Modern senior living communities are about more than just care—they're about **community and quality of life**. Many offer enriching social calendars, wellness programs, chef-prepared meals, and amenities like libraries, salons, fitness centers, and art studios. These features are not just nice to have—they help combat isolation, support mental and physical health, and create a vi-

brant environment where residents can thrive.

Pet-friendly policies, outdoor patios, and community events also encourage a more holistic and enjoyable lifestyle.

### Personalization Is Key

One of the most important aspects of senior living today is personalization. Communities are moving away from one-size-fits-all models and toward individualized care plans that honor each resident's preferences, needs, and goals. Whether someone needs full-time support or just a little assistance, the right community can strike the balance between care and independence.

### A New Option in Hockessin

Delaware's newest community has arrived: **Harmony at Hockessin**. This full-service senior living community offers Independent Living, Assisted Living, and Memory Care in a modern, thoughtfully designed

environment. Backed by a family-owned company with over 40 years of experience and a presence in 12 states, Harmony at Hockessin brings seasoned leadership and a strong commitment to resident well-being.

With a focus on meaningful engagement, personalized care, and a strong sense of community, Harmony at Hockessin joins a growing list of communities helping older adults live with purpose and peace of mind.

Whether you're starting to explore senior living options for yourself or a loved one, the most important step is to ask questions, visit communities in person, and consider not just current needs, but future ones too. A well-chosen community can offer freedom, connection, and the support needed to truly enjoy this next chapter.

For more information about Harmony at Hockessin, visit [HarmonyatHockessin.com](http://HarmonyatHockessin.com) or call 302-504-8007.

# LIVE LIFE IN HARMONY

## LET YOUR HEART SING!





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# Big Plans, Big Questions: What Delawareans Should Know About the Proposed Data Center Near Delaware City

## A Massive Project on the Horizon

Just outside Delaware City, a huge new development is in the works—and it's not another housing complex or warehouse. A private-equity firm wants to build one of the **largest data centers in the country**, right in New Castle County.

The project, called **Project Washington**, would stretch across **580 acres** of industrial land north of the Delaware City Refinery. Backed by Starwood Capital Group, the plan includes **11 buildings** totaling more than **6 million square feet**, designed to support the ever-growing needs of cloud computing, artificial intelligence, and big data.

At full capacity, the site could draw up to **1.2 gigawatts of electricity**—more than every single home in Delaware uses combined. It's a scale unlike anything the state has seen, and while some leaders are calling it a big win for the economy, others—and plenty of local residents—are pumping the brakes.

## Economic Opportunity... and Caution

From an economic standpoint, Project Washington checks a lot of boxes:

- Thousands of **construction jobs**
- Up to **900 permanent positions**, many of them high-paying technical roles
- Roughly **\$470 million in projected economic impact** over five years
- An estimated **\$26 million in annual tax revenue**

Those numbers are understandably tempting for local and state officials. The facility would be built on land owned by an affiliate of **PBF Energy**, and the developer says it would preserve about **40% of the land as open space**—a nod to concerns about overdevelopment.

For Councilman Kevin Caneco, that's a start. "This could be an opportunity," he said, "but we need a lot more information before we commit."

That caution is something many Delawareans share.

## The Power Puzzle

A big concern is **energy consumption**. If Project Washington uses the full 1.2 gigawatts projected, it would require **roughly a third of all electricity used in Delaware annually**.

Right now, most of Delaware's power comes from the **PJM grid**, which sources energy across multiple states. Critics worry that adding a load this large could strain the grid, **raise electricity prices**, and even discourage investment in renewable energy if the data center's needs are prioritized over residential or small-business use.

Utility companies haven't provided clear answers. Delmarva Power, for example, has not attended public meetings to explain how it would support the project—or how it might affect ratepayers.

That silence hasn't helped ease concerns.

## What About Water?

The center's **water usage** is another sticking point. Depending on the cooling technology, it could consume **5 to 13 million gallons per day**—comparable to a small town.

Starwood says it might use **air cooling** in some buildings, which would lower water use. But they haven't made firm commitments. Water provider **Veolia** says its system can handle the demand, but hasn't shared detailed plans.

Environmental groups like the Delaware Sierra Club warn that **Red Lion Creek** and nearby ecosystems could be stressed—especially in drought conditions. With water becoming a more critical issue nationwide, placing that kind of burden on local supply is raising valid concerns.

## What Residents Are Saying

At a **July 24 town hall**, Speaker **Melissa Minor-Brown** hosted a packed room of concerned residents. Among the most common questions:

- Will this raise my power bill?
- Where is the water coming from?
- What's the backup plan in a drought?
- Will these jobs actually go to locals?
- Who's keeping the company accountable?

One resident summed it up: "*This thing is massive. We deserve more than vague answers.*"

Minor-Brown later said she's not convinced the project, in its current form, is right for the community. Lawmakers on both sides of the aisle echoed her concerns.

## County Council Steps In

In response, **County Councilman Dave Carter** introduced proposed legislation that would regulate large data centers moving forward. His draft ordinance includes:

- **1,000-foot setbacks** from homes, schools, and daycares
- Noise and light limits
- A ban on **open-loop water cooling**, unless using recycled water
- Proof from utilities that the grid can handle power needs
- Special-use permits for future data center proposals

Supporters say these common-sense rules are long overdue. Delaware hasn't previously dealt with infrastructure projects at this scale.

But timing matters—if Starwood submits its application before the law passes, the first phase of the project might be **grandfathered in** under current zoning laws.

## Pros and Cons at a Glance

### Potential Benefits

- ✓ Construction and permanent jobs
- ✓ Tax revenue for schools and infrastructure
- ✓ Redevelopment of old industrial land
- ✓ A chance to boost Delaware's tech economy

### Potential Concerns

- ⚠ Extremely high power and water demand
- ⚠ Risk of rate hikes or infrastructure strain
- ⚠ Environmental impact on local ecosystems
- ⚠ Unclear commitments on local hiring
- ⚠ Project could move forward before new regulations take effect

## What Happens Next?

The **New Castle County Council** will hold a special meeting on **August 5** to discuss the proposed regulations and hear from the public.

Until Starwood formally files its application, there's time for the conversation to evolve—and more pressure is being placed on **Delmarva Power, Veolia**, and state regulators to clarify how this project would be managed responsibly.

For now, residents, environmental groups, and community leaders are staying vocal and engaged.

## Final Word

Data centers are an essential part of today's digital world. They keep our internet running, support artificial intelligence, and store everything from TikTok videos to medical records. But hosting one of the biggest in the U.S. comes with real questions.

Project Washington could bring real benefits to Delaware—but only if the development is handled thoughtfully, with transparency, and with the community's long-term interests in mind.

As one resident said at the town hall: "*We're not anti-progress. We just want a fair deal.*"

In Delaware, that still counts for something.

Sources: Spotlight Delaware, WHYY, Delaware Business Times, Delaware Public Media, Data Center Dynamics



# YOU HAVE RIGHTS!



## **CARE** You have the right to:

- Receive considerate, respectful, and appropriate care, treatment, and services.
- Receive reasonable continuity of care.
- Choose a personal attending physician.
- Not be transferred or discharged from a facility except for medical reasons, your own welfare, or the welfare of other residents — or for nonpayment of justified charges. You will be given 30 days' notice, except when the situation is deemed an emergency.

## **INFORMATION** You have the right to:

- Receive, prior to or at the time of admission, a written statement of the services provided.
- Receive a written itemized statement of charges and services.
- Receive from the attending physician complete and current information concerning your diagnosis, treatment, and prognosis.
- Inspect all records pertaining to you.
- Have the facility place at your bedside the name, address, and phone number of the physician responsible for your care.
- Receive, in writing, information regarding any relationship the facility has with other health care or related institutions or service providers.
- Examine the most recent survey of the facility.
- Receive information from agencies acting as client advocates and be afforded the opportunity to contact those agencies.
- Request information regarding minimum acceptable staffing levels, as it relates to your care.
- Request the names and positions of staff members providing care to you.
- Request an organizational chart outlining the facility's chain of command, for purposes of making requests and asserting grievances.

## **DIGNITY** You have the right to:

- Respect and privacy.
- Be free from restraints.
- Privacy in your room.
- Privacy during visits by your spouse.
- Retain and use your own clothing and personal possessions.
- Not have to perform a service for the facility.

## **CHOICE** You have the right to:

- Make choices regarding activities, schedules, health care, and other aspects of your life.
- Participate in an ongoing program of activities.
- Participate in social, religious, and community activities.

## **RESPECT** You have the right to:

- Receive from the administrator and staff a timely, courteous, and reasonable response to requests or grievances — in writing, if requested.
- Associate or communicate with others, without restriction.
- Manage your own financial affairs.
- Recommend changes or present grievances to the facility staff, the Long-Term Care Ombudsman, and others.
- Be fully informed of all rights and responsibilities.
- Be free from verbal, physical, or mental abuse; cruel and unusual punishment; involuntary seclusion; withholding of monetary allowances; withholding of food; and deprivation of sleep.
- Receive notice before your room or roommate is changed, except in emergencies, and to have the facility honor requests for a room or roommate whenever possible.
- Exercise your rights as a citizen of the state and the United States of America.

**For more information, contact the State Ombudsman at 1-855-773-1002, or email [DHSS\\_OSEC\\_Ombudsman@Delaware.gov](mailto:DHSS_OSEC_Ombudsman@Delaware.gov).**



**DELAWARE HEALTH AND SOCIAL SERVICES**  
Long Term Care Ombudsman

# The Care You Didn't Know Hospice Could Offer

When most people hear “hospice,” they think it’s only for the final days of life. But at Delaware Hospice, the care starts much earlier, and it reaches far beyond what you might expect.

For more than 40 years, Delaware Hospice has been providing comfort-focused care that meets people where they are: physically, emotionally and spiritually. And while compassionate end-of-life care remains at the heart of what they do, the range of services available goes well beyond what many families realize.

From the moment a serious illness is diagnosed, Delaware Palliative offers support to help patients and caregivers navigate complex symptoms, stressful treatments and difficult decisions. Unlike hospice, palliative care is available alongside curative treatments, giving families a layer of relief while they continue to seek a cure or manage chronic

conditions. It’s care that adds quality to every stage of the journey.

“When the time comes to shift focus to comfort, Delaware Hospice provides a full spectrum of care options—in the home, in skilled nursing facilities, or at the Delaware Hospice Center, the state’s only free-standing hospice facility,” says Debbie Taylor, vice president of hospice services for Delaware Hospice. “Patients receive expert pain and symptom management while families gain access to a team that includes nurses, aides, social workers, chaplains and bereavement counselors.” But the support doesn’t end there.

Families facing a dementia diagnosis can benefit from Delaware Hospice’s Dementia Care Program, which includes respite (a temporary break) for caregivers, 24/7 access to help, and connections to community resources. Children and teens who are grieving can find guidance and healing through New Hope, a nationally recognized program that

includes counseling, peer groups and a summer camp.

And for the youngest patients, the Katybug Program provides pediatric palliative and hospice care, a rare and specialized service that brings comfort and stability to families coping with serious childhood illness. Whether a child is receiving curative treatment or transitioning to comfort care, Katybug’s team helps families focus on quality of life.

Delaware Hospice is also a proud participant in the We Honor Veterans initiative, offering specialized care and recognition to those who served. From bedside pinning ceremonies to veteran-to-veteran volunteer visits, the team ensures every veteran’s story is honored.

As a nonprofit, Delaware Hospice puts mission above margin. Services are often covered by Medicare, Medicaid or private insurance, and financial assistance is available when



needed. That means no one is turned away due to an inability to pay.

The truth is that hospice care isn’t about giving up. It’s about making the most of the time you have. And at Delaware Hospice, that means expert care, meaningful support, and a focus on living each moment as fully as possible.

*To learn more about services or to schedule a free consultation, visit [DelawareHospice.org](https://DelawareHospice.org) or call 800-838-9800.*

## Positively your best choice for serious illness care at home

Looking for the best provider of serious illness care? Make sure they offer a full range of services for different stages of illness. Plus, check how long they’ve served your region. If they’re driven by a caring mission instead of profit, that’s another plus.

**It all adds up to only one choice.**

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# Crossword

By Dave Fisher

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23					24	25				
26	27	28	29				30	31						
32						33						34	35	36
37					38						39			
40				41						42				
			43						44					
	45	46						47						
48						49	50	51			52	53	54	55
56						57					58			
59						60					61			
62						63					64			

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Answers on page 4

ACROSS

- 1. Licoricelike flavor
- 6. Misrepresent
- 10. Probabilities
- 14. Lure
- 15. Novice
- 16. Murres
- 17. Wear away
- 18. As well as
- 19. Cans
- 20. Neutral
- 22. Charges
- 23. Before, in poetry
- 24. Scottish landowner
- 26. Satisfy
- 30. Intimate
- 32. Deservedly receives
- 33. Certain winter sporting events
- 37. French for “State”
- 38. Fields
- 39. Twofold
- 40. Tenancy
- 42. Wait on
- 43. Antlered animal
- 44. Cared for
- 45. Horde
- 47. Top part of an apron
- 48. “Go away!”
- 49. Utterly
- 56. Formerly (archaic)
- 57. Close
- 58. Relative magnitudes
- 59. French for “Head”
- 60. Speed competition
- 61. Abrupt in manner
- 62. Fortune teller
- 63. Guffaws
- 64. Marsh bird

DOWN

- 1. Gulf port
- 2. Detective \_\_\_\_\_ Wolfe
- 3. Computer symbol
- 4. Fizzy drink
- 5. Unseeing
- 6. Phase
- 7. Pottery oven
- 8. Celtic language
- 9. Lots for trees
- 10. Baseball position
- 11. Less damp
- 12. Ate
- 13. Back talk
- 21. Anger
- 25. Fire residue
- 26. Jury member
- 27. Not early
- 28. Ages
- 29. Opposite of regular matter
- 30. Sorceress
- 31. Female aristocrat
- 33. Prohibits
- 34. Not yours
- 35. Pew area
- 36. Sleigh
- 38. British volunteer cavalry force
- 41. Dung beetle
- 42. City’s outskirts
- 44. Zero
- 45. Landslide detritus
- 46. Garbage
- 47. Drills
- 48. Adjusts
- 50. Boyfriend
- 51. Big bag
- 52. Mountain pool
- 53. Decorative case
- 54. A speech defect
- 55. Oxen’s harness

# The Funny Bone

SIGNS OF THE TIMES

Sign over a gynecologist’s office: “Dr. Jones, at your cervix.”

In a podiatrist’s office: “Time wounds all heels.”

On a septic tank truck: Yesterday’s Meals on Wheels

Sign on the back of another septic tank truck: “Caution - This Truck is full of Political Promises”

At an optometrist’s office: “If you don’t see what you’re looking for, you’ve come to the right place.”

On a plumber’s truck: “We repair what your husband fixed.”

On another plumber’s truck: “Don’t sleep with a drip. Call your plumber.”

At a tire shop in Milwaukee : “Invite us to your next blowout.”

At a towing company: “We don’t charge an arm and a leg. We want tows.”

On an electrician’s truck: “Let us remove your shorts.”

In a non-smoking area: “If we see smoke, we will assume you are on fire and take appropriate action.”

On a maternity room door: “Push. Push. Push.”

At a car dealership: “The best way to get back on your feet -miss a car payment.”

Outside a muffler shop: “No appointment necessary. We hear you coming.”

In a veterinarian’s waiting room: “Be back in 5 minutes. Sit! Stay!”

At the electric company: “We would be delighted if you send in your payment. However, if you don’t, you will be.”

In a restaurant window: “Don’t stand there and be hungry; come on in and get fed up.”

In the front yard of a funeral home: “Drive carefully. We’ll wait.”

At a propane filling station: “Thank heaven for little grills.”

At a radiator shop: “Best place in town to take a leak.”





# Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

	9	8	1					
	7		5			4		
2	3	5						
		7		6				2
	5		7	8	4		6	
9				2		7		
						2	3	9
		3			9		8	
					3	5	7	

Answers on page 4

(courtesy of KrazyDad.com)

## NUTRITIONAL NUGGETS



### September is National Cholesterol Education Month

5 Foods for Lowering Your Cholesterol:

- Oatmeal, oat bran and high-fiber foods
- Fish and Omega-3 Fatty Acids
- Walnuts, Almonds and other nuts
- Olive Oil
- Foods fortified with plant sterols or stanols (orange juice, yogurt drinks)

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

# SHRIMP AND AVOCADO BOWLS WITH MANGO SALSA & LIME-CHILI SAUCE

Fresh, fiery, and full of flavor—these Shrimp and Avocado Bowls are summer in a bowl. Juicy grilled shrimp, creamy avocado, sweet mango salsa, and a zesty lime-chili drizzle come together in a vibrant, satisfying dish that's perfect for a quick weeknight dinner or impressing guests at your next backyard gathering. Light, colorful, and packed with bold tropical flavors, it's everything you crave—no passport required.



Serves 3 to 4 people as a full meal (dinner/lunch portion). If you're serving it with sides or appetizers, you could stretch it to 5 people.

Total time: 30–35 minutes

### INGREDIENTS

#### For the Bowls:

- 1 lb large shrimp, peeled and deveined
- 1–2 avocados, sliced
- 1 large mango, diced
- 2 cups cooked rice or quinoa
- Fresh cilantro, chopped (for garnish)
- Lime wedges (for serving)

#### For the Lime-Chili Sauce:

- ¼ cup plain Greek yogurt
- 1 tbsp mayonnaise (optional)
- 1 tsp chili powder
- Zest and juice of 1 lime
- 1 tsp honey or agave
- Salt and pepper to taste

#### For the Mango Salsa:

- 1 diced mango
- ¼ cup diced red onion
- 1 small jalapeño, finely chopped (optional)
- Juice of 1 lime
- 1–2 tbsp chopped fresh cilantro
- Salt to taste

### DIRECTIONS

Cook rice first if you do not already have it ready.

1. Prepare the mango salsa by combining diced mango, red onion, jalapeño (if using), lime juice, cilantro, and a pinch of salt in a bowl. Mix well and set aside in the fridge.
2. Make the lime-chili sauce by whisking together Greek yogurt, mayonnaise, chili powder, lime zest and juice, honey, salt, and pepper. Adjust seasoning to taste and set aside.
3. Pat the shrimp dry and season with chili powder, garlic powder, salt, and pepper. Heat a grill pan or skillet over medium-high heat with a drizzle of olive oil. Cook the shrimp for 2–3 minutes per side until pin and slightly charred.
4. Assemble the bowls by adding a base of cooked rice or quinoa to each bowl. Arrange grilled shrimp, sliced avocado, and mango salsa on top.
5. Drizzle lime-chili sauce generously over the bowls. Garnish with chopped cilantro and serve with lime wedges on the side. Enjoy immediately!



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